

ASD Academic Plan

Health: 6th Grade: Middle School

Glencoe: Teen Health, Course 1

Semester Course: Based on 45 minute class periods

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<p>Chapter 1: Your Health and Wellness</p> <ul style="list-style-type: none"> • Your Total Health • Influence on Your Health • Building Health Skills • Making Responsible Decisions • Setting Health Goals • Evaluating Influences on your Health <p>Chapter 2: Mental and Emotional Wellness</p> <ul style="list-style-type: none"> • A Healthy Self-Concept • Your Character Counts • Expressing Emotions • Coping with Stress • Emotional Problems • Stress and Teens <p>Chapter 3: Healthy Relationships</p> <ul style="list-style-type: none"> • Communication Skills • Your Family • Your Friends and Peers • Refusal Skills • Resolving Conflicts • Working Things Out <p>Chapter 4: Nutrition</p> <ul style="list-style-type: none"> • Your Body's Nutrient Needs • Following a Healthful Eating Plan • Making Healthful Food Choices • Managing Your Weight • Choosing Health-Promoting Foods <p>Chapter 5: Physical Activity</p> <ul style="list-style-type: none"> • Physical Activity and Your Health • Creating a Personal Fitness Plan • Safety in Sports and Physical Activities • Developing a Personal Fitness Plan <p>Chapter 6: Personal Health</p> <ul style="list-style-type: none"> • Your Teeth, Skin, and Hair • Protecting Your Eyes and Ears • Choosing Health Products • Using Medicines Responsibly • Health Care in Your Community • Buyer Beware! 	<p>Chapter 7: Your Body Systems</p> <ul style="list-style-type: none"> • From Cells to Body Systems • Bones and Muscles • Digestion and Excretion • Heart, Blood Lungs, and Nerves • Maintaining Healthy Body Systems <p>Chapter 8: Growth and Development</p> <ul style="list-style-type: none"> • Adolescence: a Time of Change • Human Reproduction • Heredity and the Life Cycle • Coping with Changes During Puberty <p>Chapter 9: Tobacco</p> <ul style="list-style-type: none"> • Tobacco: A Harmful Drug • Teens and Tobacco • Staying Tobacco Free • Taking A Stand Against Tobacco <p>Chapter 10: Alcohol and Other Drugs</p> <ul style="list-style-type: none"> • The Dangers of Alcohol Use • Alcoholism and Addiction • What Are Illegal Drugs? • Drug Abuse • Avoiding Alcohol and Drugs <p>Chapter 11: Preventing Diseases</p> <ul style="list-style-type: none"> • What Causes Disease? • Communicable Diseases • Understanding STDs • Non-communicable and Hereditary Diseases • Protecting Your Health <p>Chapter 12: Safety and the Environment</p> <ul style="list-style-type: none"> • Personal Safety Habits • Safety at Home and Away • Safety Outdoors • Safety in Severe Weather • First Aid for Emergencies • Protecting Your Environment